



Lexington Senior Services Newsletter

NON-PROFIT
U.S. POSTAGE

PAID
BOSTON, MA
59348

Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Return Service Requested

September 2010
Issue 346

1475 Massachusetts Avenue, Lexington, MA 02420
<http://www.lexingtonma.gov>

Phone: 781-861-0194
FAX: 781-863-2271

A Taste of India

Tuesday, September 21, 2010 at 11:45 a.m.

Come enjoy an Indian lunch. On the menu: tandoori chicken legs (with yogurt, spices & baked in a tandoori oven), chicken in curry sauce, saag paneer (cubes of cheese, spinach & spices), naan (Indian style bread), rice, veggie pakoras (vegetables coated in a chickpea batter & fried). Kheer (rice pudding) and beverage. Following lunch share your stories about living in India; your travel experiences in India; and if, you are planning a trip in the future, learn more about the country.



Please pay and register with the receptionist by September 14. \$5.00

My Life My Health

*Six-Week Workshop: September 23, 30, October 7, 14, 28 & November 4, 2010
from 1 to 3:30 p.m. (NO CLASS OCTOBER 21st)*

Developed by Stanford University, this workshop, for people with chronic health conditions such as diabetes, arthritis, asthma or heart disease, provides the tools for living a healthy life. The workshop also gives you the support needed for normal daily activities and tells you how to deal with the emotions that chronic conditions may bring about. Sessions are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease. **Space is limited. Please register with the receptionist at 781-861-0194.** Free. For more information contact Peg Mikkola at 781-272-7177.

This Healthy Aging program is offered by Minuteman Senior Services, and is available to participants free of charge, thanks to a generous donation from Associated Home Care.

Lexington Housing Authority

Monday, September 27, 2010 at 1:30 p.m.

Did you know that there is affordable housing in Lexington that you may qualify for? Come meet the new Director of the Lexington Housing Authority, Stephen Keane; hear the facts about senior housing in Lexington; and find out how to apply. For more information see page 2 of this issue of the Lexington Senior Center Newsletter. **Please sign up with the receptionist (781-861-0194). Light refreshments will be served. Free.**

Coffee with Human Services Staff

Wednesday, September 22, 2010 at 10 a.m.

Bring your questions, suggestions, comments, meet Senior Center staff and enjoy a cup of coffee or tea.



SIGN UP FOR SEPTEMBER CLASSES BEGINS AUGUST 25



DIRECTOR**OF HUMAN SERVICES**

Charlotte Rodgers, RN, MA
crodders@lexingtonma.gov

**ASSISTANT DIRECTOR
FAMILY / HUMAN SERVICES**

Emily Sara Lavine, LICSW
elavine@lexingtonma.gov

**ASSISTANT DIRECTOR OF
SENIOR SERVICES**

Carrie Johnson, LCSW
cjohnson@lexingtonma.gov

**SENIOR SERVICES
COORDINATOR**

Barbara Deveau
bdeveau@lexingtonma.gov

HUMAN SERVICES NURSE

Kelly Stanislawzyk, RN, BSN
kstanislawzyk@lexington.gov

**ADMINISTRATIVE
ASSISTANT**

Paula McGlynn
pmcglynn@lexingtonma.gov

NUTRITION SITE MANAGER

Despina Maradianos

VETERAN'S AGENT

Bob Martin
rjmartin@lexingtonma.gov
 781-953-3160

**ASSISTANT DIRECTOR
YOUTH SERVICES**

Laurie Henry, LICSW
lhenry@lexingtonma.gov
 781-861-2742

COUNCIL ON AGING

Nancy Adler • Betty Borghesani
 Shirley Buck
 Marian Cohen, Chair
 Margaret Cole • Dan Fenn
 Paul Lapointe
 Rose Lerner • Frieda Oliner
 Irving Rothman • Peter Spiers

**FRIENDS OF THE
COUNCIL ON AGING**

Mary Ellen Goodwin
 Marie Hill • Julie Miller
 Susan O'Keefe • Eleanor Smith
 Jane Trudeau • Leo McSweeney

SELECTMAN LIAISON

Hank Manz

From the Director's Corner: September Happenings

Hello, if you are like most of us, you're ready for September and some cooler temperatures! All of our classes and programs will be back in full swing this month, and we hope you will stop by and give a class or two a try.

Over the summer we purchased new Dell computers with funds from the FCOA. These new machines are fast, with large HD screens and beautiful displays. Many thanks to members of the Computer Club and the Fix-it-Shop for assembling and setting up these new computers.

If you are ready to try a new opportunity, why not consider volunteering at the Senior Center or with Senior Services? There are many positions available, including reception, hostess, dining room, library or one of our shops. We also have openings available in the Friendly Visitor program. The Friendly Visitor is matched with a homebound Lexington senior and provides companionship- they may also help with small errands such as grocery shopping. For more information on volunteering, please call the Senior Center and ask to speak with Charlotte or Barbara.

Don't forget that you are able to earn a reduction in your property tax by working in the Senior Service Program. For more information and to find out if you qualify, see page 11 or call Paula McGlynn.

And, some staff news. We all wish Cara Shapiro, our Department Clerk, well as she heads off to retirement! Cara retired from the Town of Lexington in August, after 10 years of service with the Town. And we welcome Kelly Stanislawzyk, RN, BSN, as the new Human Services Nurse. Kelly will be working with Carrie and Barbara in Senior Services, specifically in the Senior Health Outreach Program. Say hello to Kelly at Blood Pressure screenings!

~Charlotte, Carrie, Paula, Barbara, Emily, Kelly, Laurie and Bob

PROGRAM HIGHLIGHTS***Lexington Housing Authority Senior Housing******Are you eligible for Senior Housing?***

You may qualify if you are receiving income, possess assets and the owner of your home; if you do not exceed the Total Household Income Limits effective June 1, 2010 (subject to change) listed below, plus if you are at least 60 years of age or young disabled.

1 person	2 persons
\$45,100	\$51,550

Please call the Lexington Housing Authority at 781-861-0900 for more information or to receive an application.

Simple Steps to Power Up Your Immune System

Wednesday, September 29, 2010 at 1:30 p.m.

As we age, we become more susceptible to infection. But did you know that there are steps that can be taken to boost your immunity? We'll discuss the fact and fiction of immunity health; sample tasty "health benefit" foods; identify the signs of a faltering immunity; and even award a door prize or two. **Please register with the receptionist at 781-861-0194. Free. Space is limited.**

ARLEX OIL CORPORATION

(781) 862-3400

275 Mass Ave., Lexington

Oil Sales and Service

Seniors please call about
our Senior Citizen DISCOUNT!



Elder Care at Home

We provide one-on-one
medical & non medical
assistance

781-642-0880

**Convenient Home
Care Services Inc.**

www.ConvenientHomeCare.com

Elizabeth Parsons

TRADITIONAL
MASSAGE THERAPY
SPECIALIZING IN MASSAGE
FOR OLDER ADULTS

240 Bedford St., Suite 5 • Lexington, MA

781-248-1389

esplex@verizon.net

SAVE 20% ON 1ST VISIT

Thank You



to our
SPONSORS
for their support

Afternoon Movie

FRIDAYS beginning in September. Start time: 1:15 p.m. in the Muzzey Room
Leap Year – Friday, September 10, 2010— Amy Adams and Mathew Goode.
(PG). 97 Minutes.

When In Rome – Friday, September 24, 2010—Kristen Bell and Josh Duhamel.
(PG-13). 91 Minutes.

FALL FITNESS CLASSES

Seated Strength Training

This seated class is designed to accommodate individuals of various fitness levels. The class will begin with a warm up followed by strength training exercises for all the major muscle groups using light hand weights and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension.

Tuesdays and Thursdays from 12 noon to 1 p.m.

Starts September 14 and runs through November 18.

Registration begins on August 25. Fee is \$25.00.



60+ Fitness

Mondays, Wednesdays & Fridays from 9:45 to 10:45 a.m.

September 13 through December 17, 2010.

The 60+ Fitness class continues with professional instructors. Priority for classes will be given to Lexington residents.



Registration begins on August 25. Fee is \$40.00.

Please register for just one of the two classes.

CARY LIBRARY HEALTH & WELLNESS SERIES FALL 2010

From Lab Bench to Bedside with Dr. Sue Bruhn on **September 16 at 7 p.m.** Free tickets are required for this event due to limited seating and may be picked up at the Library beginning August 16: Program discusses why the process of bringing a new drug or therapy to market is so costly, lengthy and fraught with risk. Dr. Bruhn is the Senior Vice President of Strategic Planning and Program Management at Shire Human Genetics Therapies. In the Large Meeting Room at Cary Library.

Integrating Eastern and Western Medicine with Dr. Danru Lee on **October 7 at 7:30 p.m.** Free tickets are required for this event due to limited seating and may be picked up at the Library beginning September 1: Dr. Lee will speak about how she integrates both eastern and western medicine into her practice at Beth Israel Deaconess Healthcare. In the Large Meeting Room at Cary Library.

Living to 100: Lessons in Living to Your Maximum Potential with Dr. Thomas Pearls, on **November 14 at 2 p.m.** Dr. Pearl practices medicine at Boston Medical Center and is a physician/researcher in the study of Aging at B.U. Medical School. For the past eight years, he has directed the New England Centenarian Study (NECS). The centenarian study and its collaborators show how it may be possible for people to live to their late eighties in exceptional health. At Cary Hall, 1605 Massachusetts Avenue.



Free In-Home Consultation
Comfort Keepers 781-721-5522

Comforting Solutions for In-Home Care™
Companionship • Light Housekeeping • Errands
24-Hour Care • Meal Preparation

Master Barber Will Travel

Can't Get Away – Don't Worry

781-932-6312

usaingodwetrust@verizon.net



Loving Home
HEALTH CARE

• private care • living assistance • senior services
• select the caregiver for your loved one

WE CARE EVERY DAY... IN EVERY WAY 781.791.5014

LOVINGHHC.COM

Young at Heart Chorus at the Lexington Senior Center

Tuesdays through the fall, beginning Sept. 14, 2010 at 1:30 p.m.

See old friends, make new ones, enjoy an afternoon of singing, and join chorus director, Devin Lawrence, to sing songs that celebrate "The Cultures of the World". **Free. Donations will be accepted to help cover the cost of new sheet music.** For more information, please call the Senior Center at 781-861-0194.

WEEKLY AND CONTINUING ACTIVITIES

For further information on any Senior Center activities, please call the receptionist at 781-861-0194. Unless otherwise noted, registration is not required for these activities. Classes may be subject to change due to scheduling conflicts.

Please remember to sign up for your "My Senior Center" card with Jerri and sign in before class.

Educational and Discussion Groups

Lexington Veterans Association: Monday, September 13, 2010 at Cary Memorial Library (Meeting Room) at 1:15 p.m. - "Voyage to the Moon: Apollo the Great Adventure" presented by Fred Martin who worked on the Apollo Moon Project for nine years and served as the Apollo Software Project Manager while at the MIT Instrumentation Laboratory. Coffee is generously provided by Starbucks of Lexington Center Manager, Scott LeBlanc. When you patronize this Starbucks, please thank them for their continued support of the Lexington Veterans' Association. Also, special thanks to those who bake or bring cookies/cakes to our programs: this is greatly appreciated. All are welcome.

Money Matters (Formerly Finance Matters): Tuesdays, 9:30 a.m. to 11:30 a.m. starting September 21, 2010 - An open discussion group focused on financial issues of interest to seniors. Topics throughout the year include estate planning probate, investing, budgeting and saving, insurance, taxes and additional topics suggested by members of the group. All are welcome.

World Affairs Study Group: Tuesdays at 2 p.m. - An open discussion group focused on world affairs.

Current Events: Fridays at 1 p.m. - A round-table discussion group focused on current events.

Computer & Technology Group: Wednesdays at 10 a.m. - See our group website www.tinyurl.com/Lex-comp-grp for September 1, 8, 22, and 29 meeting announcements. All are welcome.

September 15, 2010 - Al Sherman will relate his experience using the Internet to plan a vacation trip. We will plan driving routes, purchase airline tickets, reserve a rental car, and use priceline.com for hotel savings. This is suitable for all Internet users.

Book Club: Third Thursday of the month at 2:30 p.m.

Fun and Games

Scrabble and Trivial Pursuit: Mondays at 1 p.m.

Foursome Bridge: Wednesdays and Fridays at 9:30 a.m.

Bridge: Wednesdays at 1 p.m.

Pool: Open to all on a drop-in basis, as long as there is not another ongoing program in the fitness area.

For Your Artistic Side

Advanced Quilting: Thursdays, Sept. 9 through November 18, 2010 at 9 a.m. with Jane Norberg. Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes. **Register with the receptionist. \$60/10 classes.**

Beginner Quilting: Thursdays, September 9 through November 18, 2010 at 1 p.m. with Jane Norberg. Learn the basics of quilting, including both hand and machine piecing. Register with the receptionist. \$60/10 classes.

Political Involvement

Lunch with Lexington Town Manager, Carl Valente: Third Friday of the month in the Senior Center dining room at 12 noon - Carl encourages seniors to bring any questions and concerns to him at this time.

An Hour with Senator Ken Donnelly: Wednesday, September 15, 2010 at 9:30 a.m. Join Senator Donnelly for a discussion of public policy and current issues.

Lexington Senior Advocates (LexSA): First Tuesday of the month starting October 5th, from 11 a.m. to 12 noon - LexSA identifies, develops and promotes actions or ideas to improve the lives of Lexington Seniors. All are welcome. This month, the annual election of officers will be held.

From the Health Corner: *Keep Moving - the Benefits of Exercise!*

You will find many fitness options available this fall at the Senior Center. The fitness room offers two treadmills, an elliptical machine and a stationary bike. Classes include “Stretch and Bend”, “Seated Strength Training”, “60+ Fitness”, yoga, Zumba, Tai Chi, and dance classes.

While much is written about exercise we often still hear people ask, “Does exercise really help?” The answer is “YES”! This month, the Health Corner focuses on one of our newer programs, “Seated Strength Training”.

Over the last decade, researchers have made extremely compelling arguments for the benefits of weight training, especially for women over the age of 50. Members of the medical and health care communities have endorsed the value of safe and effective weight lifting exercises as one of the best preventative medicines available. Strength training can:

- ➔ Improve balance
- ➔ Improve sleep
- ➔ Improve appearance
- ➔ Improve glucose metabolism
- ➔ Increase bone mineral density
- ➔ Improve blood cholesterol levels
- ➔ Accelerate gastrointestinal transit
- ➔ Lessen depression and boost self confidence
- ➔ Reduce arthritis discomfort and decrease back pain



Thirty-minutes of regular physical activity each day can make a real difference. But remember, **it is important that you talk with your doctor about what forms of physical activity are right for you.** Why not try taking a walk with a friend, or join one of our group classes? Seated Strength Training class begins in September on Tuesdays and Thursdays. For details on signing up, see page 3 in this newsletter.

— Information for this article provided by Pearl Pressman

Podiatry Clinic: With Dr. Gimbel— **3rd Thursday of the month (Sept. 16, 2010.)** Call 781-861-0194 to schedule an appointment. Please pay the Podiatrist \$30.00 directly. Appointments scheduled from 1—4 p.m. Please note: Medicare may pay for an office visit to your podiatrist. Podiatry service at the senior center is for nail cutting and assessment only. For more information ask your doctor.

BLOOD PRESSURE SCREENINGS

Thursday mornings from **10 a.m. to 11 a.m.** at the following locations:

- **1st** Thursday of the month - Lexington Senior Center, 1475 Massachusetts Avenue
- **2nd** Thursday of the month - Countryside Village, off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.
- **3rd** Thursday of the month - Greeley Village, off Bedford St., turn in on Tewksbury St. or Shirley St.- in the center building/ meeting and laundry facilities.
- **4th** Thursday of the month - Vynebrooke Village, off Waltham St.- in the center building.
- **5th** Thursday of the month – No BP clinic.

LAW OFFICE OF TRUDEAU AND McAVOY, L.L.P.
JANE A. TRUDEAU L.L.M. TAXATION
PATRICK M. McAVOY L.L.M. TAXATION

• Wills • Trusts • Probate • Medicaid Planning • Personal Injury
 • Civil Litigation • Business Planning • Corporate Law • Real Estate


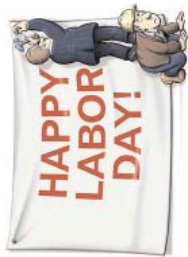
15 Muzzey St., Lexington • 781-861-1557
 jatlaw@ron.com Mcavoylaw@att.net



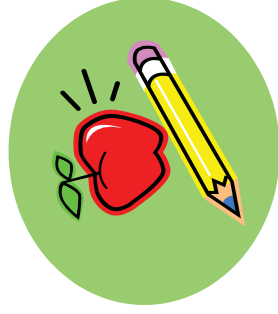
DO YOU KNOW DAISY?
ELDER CARE HOME SERVICES
 DoYouKnowDaisy.com
 Quality care, attentiveness, and the promise of being
 trustworthy, dependable and supportive
 to our clients and their family members.
 Contact Daisy Girfalco at 339.223.3099

Home Instead®
SENIOR CARE
(781)-314-0153
 www.homeinstead.com/404

• Companionship
 • Cooking • Errands
 • Shopping
 • Housekeeping
 • Transportation
 • Personal Care

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>September 2010</div> <div></div>				
<div>6</div> <div>Labor Day</div> <div>Senior Center Closed</div> <div></div>	<div>7</div> <div>9:00 Stretch & Bend</div> <div>12:00 Lunch-Lex Café</div> <div>1:00 SHINE</div> <div>2:00 World Affairs</div>	<div>8</div> <div>9:00 Stretch & Bend</div> <div>9:30 Foursome Bridge</div> <div>10:00 Computer & Technology Group</div> <div>12:00 Lunch-Lex Café</div> <div>1:00 Veteran's Agent</div> <div>1:00 Ping Pong</div> <div>1:00 Bridge</div> <div>1:00 Friendship Group</div> <div>1:30 T'ai Chi Class</div>	<div>9</div> <div>7:30 Golf @Pine Meadow</div> <div>9-12 Fix-It-Shop</div> <div>9:00 Stretch & Bend</div> <div>9:00 Advanced Quilting</div> <div>10:00 BP Countryside</div> <div>12:00 Lunch-Lex Café</div> <div>1:00 Beginner Quilting</div> <div>1:30 Line Dancing</div>	<div>10</div> <div>9:00 Stretch & Bend</div> <div>9:30 Yoga for Health-Intermediate</div> <div>9:30 Foursome Bridge</div> <div>12:00 Lunch-Lex Café</div> <div>1:00 Current Events</div> <div>1:00 Ping Pong</div> <div>1:00 Bingo</div> <div>1:15 Movie: Leap Year</div>
<div>13</div> <div>7:30 Depart St. Brigid's for Foxwoods</div> <div>7:30 Golf @Stone Meadow</div> <div>9:00 Stretch & Bend</div> <div>9:45 60+ Fitness</div>	<div>14</div> <div>9:00 Stretch & Bend</div> <div>12:00 Seated Strength Training</div> <div>12:00 Lunch-Lex Café</div> <div>1:00 SHINE</div>	<div>15</div> <div>9:00 Stretch & Bend</div> <div>9:30 Foursome Bridge</div> <div>9:30 An Hour with Sen. Donnelly</div> <div>9:45 60+ Fitness</div>	<div>16</div> <div>7:30 Golf @Pine Meadow</div> <div>9-12 Fix-It-Shop</div> <div>9:00 Stretch & Bend</div> <div>9:00 Advanced Quilting</div> <div>10:00 BP Greeley</div> <div>12:00 Seated Strength Training</div>	<div>17</div> <div>9:00 Stretch & Bend</div> <div>9:30 Foursome Bridge</div> <div>9:30 Yoga for Health-Intermediate</div> <div>9:45 60+ Fitness</div>

<p>12:00 Lunch with Town Manager, Carl Valente</p> <p>1:00 Current Events</p> <p>1:00 Ping Pong</p> <p>1:00 Bingo</p>	<p>10:00 Computer & Technology Group</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Beginner Quilting</p> <p>1:00 Podiatry Clinic</p> <p>1:30 Line Dancing</p> <p>2:30 Book Group</p> <p>3:30 COA Board Mtng</p> <p>7:00 From Lab Bench to Bedside @ Cary Library</p>	<p>1:30 Chorus</p> <p>2:00 World Affairs</p>	<p>10:00 Computer & Technology Group</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Prostate Group</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>12:00 Lunch-Lex Café</p> <p>1:00 Beginner Quilting</p> <p>1:00 Podiatry Clinic</p> <p>1:30 Line Dancing</p> <p>2:30 Book Group</p> <p>3:30 COA Board Mtng</p> <p>7:00 From Lab Bench to Bedside @ Cary Library</p>	<p>12:00 Lunch with Town Manager, Carl Valente</p> <p>1:00 Current Events</p> <p>1:00 Ping Pong</p> <p>1:00 Bingo</p>
<p>7:30 Golf @Stone Meadow</p> <p>9:00 Stretch & Bend</p> <p>9:45 60+ Fitness</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Scrabble & Other Games</p> <p>1:00 Ping Pong</p> <p>2:45 Yoga for Health-Beginner</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>11:45 A Taste of India</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>11:45 A Taste of India</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>
<p>7:30 Golf @Stone Meadow</p> <p>9:00 Stretch & Bend</p> <p>9:45 60+ Fitness</p> <p>10:00 Evergreen Group</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Scrabble & Other Games</p> <p>1:00 Ping Pong</p> <p>1:00 Parkinson's Support</p> <p>1:30 Lexington Housing Authority</p> <p>2:45 Yoga for Health-Beg.</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Money Matters</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 SHINE</p> <p>1:30 Chorus</p> <p>2:00 World Affairs</p> <p>3:15 Zumba Gold Intro: Try It Out!</p>
<p>7:30 Golf @Pine Meadow</p> <p>9:12 Fix-It-Shop</p> <p>9:00 Stretch & Bend</p> <p>9:00 Advanced Quilting</p> <p>10:00 BP Vynebrooke</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Beginner Quilting</p> <p>1:00 My Life/My Health</p> <p>1:30 Line Dancing</p>	<p>7:30 Golf @Pine Meadow</p> <p>9:12 Fix-It-Shop</p> <p>9:00 Stretch & Bend</p> <p>9:00 Advanced Quilting</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 My Life/My Health</p> <p>1:00 Beginner Quilting</p> <p>1:30 Line Dancing</p>	<p>7:30 Golf @Pine Meadow</p> <p>9:12 Fix-It-Shop</p> <p>9:00 Stretch & Bend</p> <p>9:00 Advanced Quilting</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 My Life/My Health</p> <p>1:00 Beginner Quilting</p> <p>1:30 Line Dancing</p>	<p>7:30 Golf @Pine Meadow</p> <p>9:12 Fix-It-Shop</p> <p>9:00 Stretch & Bend</p> <p>9:00 Advanced Quilting</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 My Life/My Health</p> <p>1:00 Beginner Quilting</p> <p>1:30 Line Dancing</p>	<p>7:30 Golf @Pine Meadow</p> <p>9:12 Fix-It-Shop</p> <p>9:00 Stretch & Bend</p> <p>9:00 Advanced Quilting</p> <p>12:00 Seated Strength Training</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 My Life/My Health</p> <p>1:00 Beginner Quilting</p> <p>1:30 Line Dancing</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>
<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>
<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>7:30 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>	<p>9:00 Stretch & Bend</p> <p>9:30 Yoga for Health-Intermediate</p> <p>9:30 Foursome Bridge</p> <p>9:45 60+ Fitness</p> <p>10:00 Computer & Technology Group</p> <p>10:00 Coffee with Human Services Staff</p> <p>12:00 Lunch-Lex Café</p> <p>1:00 Friendship Group</p> <p>1:00 Veteran's Agent</p> <p>1:00 Ping Pong</p> <p>1:00 Bridge</p> <p>1:30 T'ai Chi Class</p>



- Independent living with assistance
- Nursing Home Care Available
- Nurses on duty 24 hrs, 7 days
- Affordable rates; not for profit

781-893-2557

www.islandhome.org
21 NEWTON STREET, WALTHAM, MA 02453



HURRY!!!

SPONSOR THIS NEWSLETTER!

Call 617-254-4545

www.seniorpubs.com

Hammond Residential
GMAC Real Estate

ALICE & JIM KIRK

30 Years of Experience in Lexington

781-724-8679

*For All Your
Real Estate
Needs!*

Out and About ... Come one, come all...

All trips leave from St. Brigid's Church parking lot unless otherwise notes.

Foxwoods Casino

\$24

Monday, September 13

- Casino time - 9:30 - 4:30
- \$10 food coupon or full buffet luncheon. \$15 Keno coupon **depart 7:30 a.m.; return 6:30 p.m.**

Fabulous Sunday

\$70

Sunday, September 26

- **Buffet Brunch** at Giorgio's Restaurant in Milford, N.H. - 10 different hot items, carving station, smoked salmon, French toast with a variety of cheesecakes and more
- **Swan Chocolates in Merrimack, N.H.** - tour the Swan Chocolate production facility and learn about their gourmet truffles and signature chocolates. Good news — each of us will receive a special sweet confection to enjoy!
- **Anheuser-Bush in Merrimack, N.H.** - Tour the brewery, learn the history of the company, have a “tasteful” of beer and visit the “Budweiser Clydesdales” in their Old World-Style Hamlet— one of the most beautiful settings for these majestic horses.
- **Mystery Stop** - a fun stop

This trip involves walking! This trip leaves from Lexington High School

Halloween on the North Shore

\$59

Thursday, October 7

- Salem Witch Museum in historic Salem - 200 years of history of the infamous witch trials
 - Gloucester House Restaurant - enjoy a full course luncheon, choice of scrod or baked chicken and strawberry shortcake for dessert.
 - Picturesque Rockport - home of many artists and crafts, experience beautiful scenery while shopping
- This trip involves walking! depart 8:30 a.m.: return 5:30 p.m.***

Providence, R.I.

\$65

Monday, October 18

- **Pot au Feu** - French Chef demonstrates the art of making crepes
 - **Lunch** at this French restaurant - salad, breast of chicken, Crepes Suzette for dessert.
 - **Guided sightseeing tour** - historic highlights - Independence Trail, East Side, Waterfront.
- depart 9:30 a.m.: return 5:30 p.m.**

Holiday Magic in New York City

\$300 double; \$380 single November 28th- 29, 2010

Day 1

- Our journey begins with a day at **Mohegan Sun** with Mohegan Sun's gaming package
- Dinner in the **Grand Ballroom** of our Hotel Accommodations
- Board the “**North Pole Express Train**” to celebrate the spirit of the season. Every coach becomes a stage for a live, musical performance of **The Night Before Christmas**

Day 2

- **Full Hot Buffet Breakfast** at our hotel, depart for our Adventure to the Big Apple
- See the lights of **Rockefeller Center, St. Patrick's Cathedral, Times Square** and more
- Attend the “**Radio City Music Hall Christmas Spectacular Show**”
- Free time for **Holiday shopping**, then depart for home

Trip reservations can be made by mail or in person at the Senior Center. Make checks payable to **Town of Lexington**. Due to advance financial commitments, refunds for cancellations made only if the vacancy is filled. Trip itinerary may change.

If you have any questions about the trips listed above, please contact Phyllis Rand at the Lexington Senior Center at 781-861-0194.

Friends of the Council on Aging

Who are the Friends? We are a 501(c) (3) all-volunteer public charity dedicated to helping Lexington seniors. Our Mission is to help support the programs and activities of Lexington Senior Services and to help make Lexington aware of the good work the Council does.

What are the funds used for? To help Seniors in Lexington through the programs and services of the Senior Center.

How can you help? You can make a fully tax deductible donation to Lexington FCOA.

Please mail donations to: Friends of the Council on Aging, P.O. Box 344, Lexington, MA 02420. We appreciate your gifts, thank you. Please indicate if your donation is in memory of someone you care about.

DONATION INFORMATION

Donor's Name: _____
 Donation Amt. \$ _____
 Donor's Address: _____
 In Memory of: _____
 Send Acknowledgment to:
 Name & Address: _____

The Council on Aging Board (COA Board) Meeting Schedule

The Council on Aging Board meets monthly at the Senior Center on the first Thursday of the month at 3:30 p.m. Board meetings are open to the public, and we encourage you to attend! The fall schedule is as follows: **September 16, 2010, October 7, 2010, November 4, 2010, December 2, 2010.**

TOWN SERVICES Flu Clinics: Please call the Senior Center or Department of Health (781-862-0500 x 281) for current information on Public Flu Clinics.

SAVE THE DATE

Short Stories—Oct. 6 Through Nov. 10, 2010

ESL Citizenship with Meg on Mondays

Mondays, October 18 through December 20, 2010 at 1:45 p.m.

Fall class sign-up for ESL Citizenship with Meg begins on Monday, October 4. Staff will be on hand to help with class registration and application for the My Senior Center swipe card. Please note that classes begin on October 18th (no class on Columbus Day, October 11).

Comfort Care at Home, LLC

AFFORDABLE HOMECARE
Personal Care. Meal Preparation.
Light Housekeeping. Errands.
Caregivers are screened and insured.

Call 978-930-1811 for consult.

SUNRISE
 SENIOR LIVING
 Of Burlington

† Assisted Living
 † Alzheimer's Care
 † Hospice
 † Home Care

Call today to schedule a tour:
781-229-8100

MENTION THIS AD TO RECEIVE
\$2000 OFF YOUR FIRST MONTH'S RENT!

24 Mall Road – Burlington, MA 01803
www.SunriseSeniorLiving.com

LAW OFFICE of — SHANI REA COLLYMORE, P.C.

Wills, Trusts, Estate Planning, Real Estate, Divorce

781-863-9600 • collymorelaw.com

807 MASSACHUSETTS AVE., LEXINGTON, MA 02420

SENIOR SERVICES

ASSISTANCE WITH CARE • LIGHT HOUSEKEEPING/LAUNDRY
 GROCERY SHOPPING • APPOINTMENTS • COMPANIONSHIP

508-380-3556

BOSTON
UNIVERSITY

Have you had a hip fracture? Help improve future hip fracture care.

If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.



For more information, please contact
Kira at 617-638-1981 or kwilke@bu.edu

FOR YOUR INFORMATION

Join us for lunch at the Senior Center! Suggested donation is \$3.00. The Lexington daily lunch program is sponsored by Minuteman Senior Services and is supported by state funding and your donations. Come and enjoy a delicious three course meal prepared by the chef at Youville Place. To make a reservation, please speak with Despina Maradianos, the Nutrition Site Coordinator, by 12 noon the day before you wish to come. **Space is limited!** Weekly menus can be found in the Lexington Minuteman or by dropping by the Senior Center. **Menus are subject to change without notice.**



Library Lines: We have been very fortunate to have Michael Camille, a student from the Cotting School in Lexington, reviewing books in the Senior Center Library for the past eight months. Stop by the Library between the hours of 10 a.m. and 2 p.m. to see the reviews Michael has written. Two of the books he highly recommends this summer are *Dark Tort*, a mystery by Diane Mott Davidson, and *Mother of Pearl*, a novel set in a small town Mississippi in the 1950s by Melinda Haynes. **Senior Center Library Hours: Monday - Friday 10 a.m. - 2 p.m.**



A



10% OFF
WITH THIS COUPON
BREAKFAST AND LUNCH
EXCLUDING HOLIDAYS & WEEKENDS
MON-FRI 5:30- 2:00 PM

GETTING AROUND

Senior Transportation Options 2010: Please check our website or pick up a copy of our updated information at the Senior Center, about ways to get around, whether a doctor's appointment, shopping or other services that you may need a ride to. For questions or concerns about transportation, contact the Human Services Department at 781-861-0194.

LEXPRESS: The LEXPRESS staff is happy to initiate Seniors to Lexington's in-town bus service by telephone inquiries, or by accompanying a rider on the bus. Call the LEXPRESS office at (781) 861-1210 to speak to the staff about schedules and routes.

FISH Needs Volunteers: Can you volunteer one day a month to drive Lexington seniors to medical appointments either in Lexington and vicinity or in Boston? If you can or are interested to learn more about it first, please call David Horton at 781-862-3293.

The League of Women Voters First Friday Series

"What Are We Doing About Our At-Risk Youth?"

Friday, October 1, 2010 at 9:30 a.m.

Come join us at Cary Library for a panel discussion of services and programs available for youth in Lexington. Panel members will be representatives from the Town of Lexington Public Schools, Police Department and Human Services Department.



PLEASE ACKNOWLEDGE OUR SPONSORS

**Need a patient
advocate to help
you navigate?**

AT YOUR SIDE

www.myraatyourside.com

978-473-6264



**Make climbing
stairs easy!**

Glide up & down stairs safely and easily on a Stannah Stairlift. New or used, buy or rent. Serving MA since 1992. Call today!

For a brochure or FREE home visit
call toll-free **1-800-877-8247**
or visit www.StairliftMA.com/coa

Showroom: 101C Constitution Blvd., Franklin MA 02038

ATRIA LONGMEADOW PLACE

Independent and Assisted Living,
with a Life Guidance® neighborhood
for the memory-impaired.



Call today to schedule a tour.

ATRIA LONGMEADOW PLACE
42 Mall Road | Burlington, Massachusetts
781.270.9008 | www.atriaseniorliving.com



733_10469

YOUR MONEY

FY11 Senior Service Program: The Senior Service Program asks participating taxpayers to work for the municipality in exchange for a reduction in their tax bill. Positions vary and hours are flexible.

- Applications are available through the Senior Services Department, Paula McGlynn at the Senior Center 781-861-0194.
- Applicants must be 60 years of age or older and own property in Lexington that is their principle residence.
- Gross income (including Social Security income) must not exceed \$46,300 for a single taxpayer or \$ 52,950 for a couple.
- The maximum credit for a single taxpayer is \$935.00. A couple may earn a maximum of \$1,190.00.



Lexington Farmer's Market

Tuesdays, from 2 to 6:30 p.m.
rain or shine.



The Market is on the corner of Massachusetts Ave, Woburn St., and Fletcher Ave. in Lexington Center. Features locally grown produce, a variety of meats, fish, baked goods and other prepared foods, and artisans tent. Admission free. For more information, and to subscribe to the weekly newsletter, visit www.lexingtonfarmersmarket.org. The Lexington Farmers' Market accepts SNAP coupons and will be offering a double your dollar incentive program.

HUMAN SERVICES

Veteran's Agent Office Hours:

Wednesdays 1 - 3 p.m. Veteran's Agent, Bob Martin, can meet with you during his weekly office hours. Please call Bob at 781-953-3160 to make an appointment.

Senior Health Outreach Program:

This program is a service provided by the Town of Lexington to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. To find out more about this program, please contact Carrie Johnson by calling 781-861-0194.

SHINE:

Counselors Rose Lerner or Rhoda Neidorf are available to help you with any aspect of your health insurance on **Tuesdays from 1 p.m. to 4 p.m.** Call the Senior Center at **781-861-0194** to make an appointment.

Windowpane Shop Hours

10:00 a.m. to 2:00 p.m. Weekdays

New—Selection of Men's Clothing



Selling like-new fall clothing, accessories, jewelry, scarves & pocketbooks.

Accepting donations of clothing & small household items on Mondays & Fridays from 10-2:00 p.m. Please **do not** bring toys, computers or children's clothing.

Fix-It Shop

Open Thursdays 9:00 a.m. to Noon

Do you have small items around the house that need repair? Do you ever think about getting those items fixed? If so, this is your time! Bring them to the Fix-It Shop. You will have a fast response with the best workmanship imaginable!

Meadow Green

NURSING & REHABILITATION CENTER

Privately owned and operated by the A. Franchi Family with over 25 years of senior healthcare experience

- † Rehabilitative/Nursing Care
- † Specializing in Short Term Rehabilitation
- † Beautifully Landscaped Grounds
- † Privately Owned

45 Woburn Street • Waltham, MA 02452

(781) 899-8600
www.meadowgreen.org

PRIVATE HOME HEALTH CARE

Keep your loved one home!
Experienced caregiver available.

Please call **781-862-3567**



BRIGHTVIEW COUNTRY CLUB HEIGHTS

INDEPENDENT & ASSISTED LIVING

3 REHABILITATION WAY • WOBURN, MA



FOR A TOUR PHONE 781-935-4094



10% OFF
WITH THIS COUPON
BREAKFAST AND LUNCH
EXCLUDING HOLIDAYS & WEEKENDS
MON-FRI 5:30- 2:00 PM



DON'T KEEP YOUR BUSINESS A SECRET!
ADVERTISE NOW!
Call Senior Citizen Publishing
617-254-4545

KEEP FIT

Yoga for Health & Fitness with Lisa Groves: Please bring a blanket or yoga mat. Register and pay the Senior Center receptionist. Class size is limited. (Please pay in-full for each month.)

Beginner Level: Mondays, 2:45 – 3:50 p.m.

Sept.—13, 20, 27

\$18.00

Intermediate Level: Fridays, 9:30 – 10:35 am

Sept. — 10, 17, 24

\$18.00



T'ai Chi with William Barron: Register and pay the Senior Center receptionist. Class size is limited. (Please pay in-full for each month.)

Wednesdays, 1:30 - 2:30 p.m.

Sept.—1, 8, 15, 22, 19

\$20.00

C.O.A. Seniors Golf: *Mondays at 7:30 a.m. at Stone Meadow Golf Course and Thursdays at 7:30 a.m. at Pine Meadow Golf Course.* All experienced and beginner senior golfers are invited to join golfing friends at these two weekly morning events. For further information, contact Ted Gorczyca at 781-863-8729.

Stretch & Bend: Monday through Friday from 9 to 9:30 a.m. This self led stretching and limbering group is free.

60+ Fitness: See page 3 for information on upcoming programs.

Ping Pong: Mondays, Wednesdays & Fridays, 1 - 4 p.m. All levels are welcome. Free.

Line Dancing for all levels with Sam O'Clair: Thursdays from 1:30 p.m. - 2:30 p.m. Classes are \$3.00. Please pay the receptionist. **Please note: No class September 2.**

Zumba Gold Intro: Tuesday, September 28, 2010 at 3:15 p.m. at the Senior Center. All new & former students are invited to this special introductory class! **Please register and pay the receptionist. \$5.00.**

Zumba Gold: cardio/toning program is fun and designed so anyone can do it! A combination of merengue, salsa, cha cha, cumbia, belly dance, flamenco, tango and rock & roll rhythms gives you a full body workout. Please contact Janice Swartz for more information and questions about the program: janswartz@mac.com or 781-572-5344.

Tuesdays 3:15 p.m. to 4 p.m.

October — 5, 12, 19, 26 (Sign-up date TBA) \$28.00/4 classes or \$10/class as walk-in

SUPPORT GROUPS

The Evergreen Group (Chinese Senior Support): Group meets on the **2nd** and **4th** Monday of each month from 10 a.m.- 11:45 a.m. This Chinese senior support group meets to talk about personal and family issues.

Parkinson's Support Group: Group meets the **4th** Monday of each month at 1:00 pm. This Parkinson's Disease support group is led by Art Sotak.

The Friendship Group: Group meets on the **2nd** and **4th** Wednesday of each month from 1 - 2:30 pm. This self led group meets for friendship and support around issues of long-standing loss and living alone. All are welcome to attend.

Prostate Cancer Group: Group meets the **3rd** Wednesday of each month from 1 - 2:30 pm. This group is for men who currently have prostate cancer or survivors who wish to share the knowledge they have gained with others.

Caregivers Group: Group meets on the **1st** Thursday of the month at Youville Place from 1 - 2:30 p.m. This is a support group for caregivers of individuals with memory impairment. The group is ongoing and there is no fee. If interested please call Susan Moor at 781-861-9863 or Barbara Deveau at 781-861-0194 for an initial telephone intake.

The Senior Center is open Monday through Friday from 8:30 a.m. to 4:30 p.m.